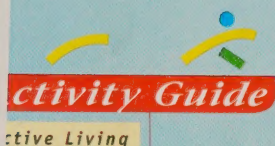


3 1761 11557483 2

Government  
Publications



# Canada's PHYSICAL ACTIVITY GUIDE FOR CHILDREN

## PHYSICAL ACTIVITY IS FUN!

At home • At school • At play • Inside or outside  
The way to and from school • With family and friends

Physical activity a part of the day is fun and healthy. Encouraging  
children to build physical activity into their daily routine helps to create  
habits that may stay with them for the rest of their lives.



CA1  
HW  
-2418

He  
Ca



The College of  
Family Physicians  
of Canada



Canadian  
Paediatric  
Society



Canadian Society for  
Exercise Physiology



240  
100  
8.11.11



CAI  
HW  
- 7418Activity Guide  
Active Living

# Canada's PHYSICAL ACTIVITY GUIDE FOR CHILDREN

## PHYSICAL ACTIVITY IS FUN!

- At home • At school • At play • Inside or outside
- On the way to and from school • With family and friends

Making physical activity a part of the day is fun and healthy. Encouraging kids to build physical activity into their daily routine helps to create a pattern that may stay with them for the rest of their lives.

Health  
CanadaSanté  
CanadaThe College of  
Family Physicians  
of CanadaCanadian Society for  
Exercise Physiology



# CALL TO ACTION

for parents, educators,  
physicians and  
community leaders

## Canada's Guidelines for INCREASING Physical Activity in Children

This Guide will help children:

- **INCREASE** time **CURRENTLY** spent on physical activity, starting with 30 minutes **MORE** per day  
(See CHART BELOW)
- **REDUCE** "non active" time spent on TV, video, computer games and surfing the Internet, starting with 30 minutes **LESS** per day  
(See CHART BELOW)



**Build up physical activity throughout the day in periods of at least 5 to 10 minutes**

|         | Daily <b>INCREASE</b><br>in moderate*<br>physical<br>activity<br>(Minutes) |   | Daily <b>INCREASE</b><br>in vigorous**<br>physical<br>activity<br>(Minutes) |   | Total Daily<br><b>INCREASE</b><br>in physical<br>activity<br>(Minutes) | Daily<br><b>DECREASE</b><br>in non-active<br>time<br>(Minutes) |
|---------|--|---|---|---|--|--|
| Month 1 | at least 20  | + | 10  | = | 30   | 30   |
| Month 2 | at least 30  | + | 15  | = | 45   | 45   |
| Month 3 | at least 40  | + | 20  | = | 60   | 60   |
| Month 4 | at least 50  | + | 25  | = | 75   | 75   |
| Month 5 | at least 60  | + | 30  | = | 90   | 90   |

\* Moderate physical activity examples

- brisk walking
- swimming
- skating
- playing outdoors
- bike riding

\*\* Vigorous physical activity examples

- running
- soccer

**Congratulations! Daily active time  
is part of a healthy lifestyle.**





## Endurance Flexibility Strength

**All contribute to a healthy body**

Combine 3 types of physical activity for best results:

**1. Endurance** activities that strengthen the heart and lungs such as running, jumping and swimming.

**2. Flexibility** activities that encourage children to bend, stretch and reach such as gymnastics and dancing.

**3. Strength** building activities that build strong muscles and bones such as climbing or swinging across the playground ladder.



## The Benefits of Regular Activity

- ☞ Builds strong bones and strengthens muscles
- ☞ Maintains flexibility
- ☞ Achieves a healthy weight
- ☞ Promotes good posture and balance
- ☞ Improves fitness
- ☞ Meet new friends
- ☞ Strengthens the heart
- ☞ Improves physical self-esteem
- ☞ Increases relaxation
- ☞ Enhances healthy growth and development





## Here are some activities to try with children

- ☞ Take stairs instead of elevators
- ☞ Take a walk after supper – and make the walk an adventure
- ☞ Play ball or ball hockey or soccer or go swimming
- ☞ Ride a bike or scooter
- ☞ Rake the leaves, shovel snow or carry groceries together
- ☞ Toboggan or ski or build a 'snowman'
- ☞ Organize neighborhood games to help kids make active choices
- ☞ Dance, dance, dance
- ☞ Play sports of any kind
- ☞ Bring the kids outdoors to play
- ☞ Work with the neighbours to create a walking 'school bus'
- ☞ Leave the car at home when going on short trips

### For more information:

Call 1 888 334-4769 or visit the web-site at [www.healthcanada.ca/paguide](http://www.healthcanada.ca/paguide). Please use this Guide with additional support resources.

### Active bodies need energy.

Follow *Canada's Food Guide to Healthy Eating* to make wise food choices



CANADA'S  
**Food  
Guide**  
TO HEALTHY EATING

[www.healthcanada.ca/foodguide](http://www.healthcanada.ca/foodguide)

**Healthy  
activity is safe  
activity**



Canada







Digitized by the Internet Archive  
in 2022 with funding from  
University of Toronto

<https://archive.org/details/31761115574832>









